

# Herpes Zoster--Shingles--May Hit Middle-Aged, Old People

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Herpes zoster, more commonly known as shingles, is an acute, infectious disease that affects the nervous system and is often first identified by a secondary skin eruption in the area supplied by the infected nerve.

The condition is generally excruciatingly painful and is occasionally accompanied by serious complications. Medical care is needed in all cases of this disorder.

Shingles occurs chiefly in middle-aged and older individuals, although young people are sometimes afflicted. It is, however, considered more serious in the elderly and complications are also more likely

to occur, including the post-herpetic neuralgia that may persist for many months.

### Nerves Attacked

The disease is caused by a filtrable virus that attacks the sensory nerves. Those that supply the skin of the chest are the ones usually affected, but any sensory nerve of the body may become involved. If the lesion should attack a delicate structure such as the eye it may result in loss of sight. In the event the virus enters the central nervous system, encephalitis may result.

The skin eruption of a typical attack of shingles resembles a grape-like cluster of individual blisters, and usually first appears on one side of the chest. As it progresses and follows the course of the

nerve, it spreads around to the spinal column and towards the middle of the chest. The nerves on both sides of the chest are occasionally affected, but this "encircling" is not fatal as is sometimes thought by uninformed persons.

### Fever Accompanies

A slight fever accompanies the onset of shingles and generally lasts three to five days, but this is usually a matter of indifference to the suffering individual. The disease is self-limited and usually clears up in from two to four weeks.

Shingles is easy for the physician to identify, but many lay people confuse it with herpes simplex, another inflammatory condition of the skin that is caused by a filterable virus. The two viruses,

however, are apparently unrelated.

Herpes simplex most often manifests itself as cold sores or fever blisters that usually appear on the face. The eruption lasts about a week and is seldom painful and, unlike the eruption of herpes zoster, seldom leaves scars on the skin. The condition frequently occurs as the complication of certain diseases including pneumonia, influenza, or the common cold, and may even accompany a digestive upset.

### No Specific Remedy

There is no specific remedy for shingles, nor is there any medication that will prevent the condition. Certain treatments are successful with some patients, but with others different forms of therapy

## Barbershop Group Begun

The Palos Verdes chapter of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America, Inc., has been making great strides in developing four-part harmony in the newly formed chorus, members reported.

The new organization is seeking South Bay male citizens from every walk of life who will "get a lift from being an essential part of a chord of music."

Men who don't sing a note can join the group meetings. Such members are called "crows" because crows love to sit on the fence and listen—but at times they may like to join on a note or two when the chorus singing gets under way.

The group invited all interested South Bay area men to attend the next chorus rehearsal Tuesday night at 8 o'clock at the Dapplegray School auditorium located on Palos Verdes Dr. North, between Narbonne and Rolling Hills Dr.

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SOPRANO ELVA RITA DIAZ  
Soloist With Symphony Concert

## Miss Diaz to Sing At Opening Concert

Elva Rita Diaz, brilliant Mexican-American soprano, will appear as soloist with the South Bay Civic Symphony at the opening fall concert at the Redondo High School auditorium Monday evening, Nov. 5. Miss Eylee Aehle will be on the podium for the musicale.

Miss Diaz has had a career as interesting as her colorful personality which began with her first voice lesson under Norman Spohr of Riverside.

He discovered her talents and audience appeal, and encouraged her to continue as a singer. At 15 years of age, her first engagement was at Padua Hills theater where she appeared as a singer, dancer, and actress. Her success at Padua Hills led her to go to New York where she was fortunate in having some of the finest teachers available to help shape her career.

Among her teachers was Leonora Corona, former member of the Metropolitan Opera company; Bernardo de Muro, famous Italian singer in Italy and Spain, and Dusolina Giannini, also of the Metropolitan Opera company.

She appeared in many professional engagements in New York and joined the Boston Opera company for two seasons where she received the highest praise from the critics for her roles in "Carmen" and "I Pagliacci."

Returns to Southland  
Returning to the West Coast and eventually settling in Manhattan Beach, she was accepted as a pupil of Madam Cahier, former prima donna of the Vienna Opera company. Madam Cahier, also living in Manhattan Beach, was bedridden with a spinal injury, but because of her great interest in Miss Diaz, gave her lessons for two years.

Various engagements at clubs, on television, and at the Redlands Bowl, at Scripps Col-

lege, and the Hollywood Opera Reading Club made her much in demand as a singer in Southern California.

### Studied in Italy

During the past summer, her dreams of studying in Italy became a reality and she studied for 10 weeks at the world-famous La Scala in Milan with Tomas Zappelli, famous conductor and coach.

In Madrid, Spain, she appeared in concerts sponsored by the Woman's Club and, because of the high praise of the critics, was offered an engagement at Naples which she hopes to accept at a later date.

At the Nov. 5 concert, she will sing a group of Spanish and English songs, including "Witch Weather," by Mabel Woodworth, a song written especially for Miss Diaz and dedicated to her. She also will sing "One Fine Day," from Madam Butterfly by Puccini.

## Art Festival Set at Plunge

The Torrance Recreation Department and the Torrance Art Group will hold its first annual art festival Nov. 16, 17 and 18 at the Victor E. Benstead plunge, 3331 Torrance Blvd., in the new Civic Center area.

Artists in the South Bay area are invited to submit paintings, sculpture and crafts. There will be a nominal entry fee. Judge of the show will be Dale Sexton. Ribbons and prizes will be awarded.

Entry blanks can be obtained by writing to the Torrance Recreation Department, 3031 Torrance Blvd.

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